

13. SIGMOIDOSCOPY OR COLONOSCOPY

Measure Definition: *“Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams? How long has it been since you had your last sigmoidoscopy or colonoscopy?” [Yes, within the past five years]*

Why is colorectal cancer screening important to public health?

Colorectal cancer is the second leading cause of cancer-related death in the United States. The American Cancer Society (ACS) estimates that 55,170 Americans will die of colorectal cancer this year. Colorectal cancer is also one of the most commonly diagnosed cancers in the United States; approximately 148,610 new cases will be diagnosed in 2006.²⁷ Colorectal cancer is the third most common cancer in men and in women.²⁸

Reducing the number of deaths from colorectal cancer depends on detecting and removing pre-cancerous colorectal polyps, as well as detecting and treating the cancer in its early stages. Colorectal cancer can be prevented by removing pre-cancerous polyps or growths, which can be present in the colon for years before invasive cancer develops. The Centers for Disease Control and Prevention (CDC) estimates that if all adults aged 50 years or older were screened regularly, as many as 60% of deaths from colorectal cancer could be prevented.²⁸

Risk factors for colorectal cancer

The risk of developing colorectal cancer increases with advancing age, with more than 90% of cases occurring in persons aged 50 years or older. Other risk factors include inflammatory bowel disease, a personal or family history of colorectal cancer or colorectal polyps, and certain hereditary syndromes. Lifestyle factors that may contribute to increased risk of colorectal cancer include lack of regular physical activity, low fruit and vegetable intake, a low-fiber and high-fat diet, obesity, alcohol consumption, and tobacco use.²⁸

Screening is critical in the prevention and detection of colorectal cancer, as approximately 75% of these cancers occur in people with no known risk factors.²⁸

Colorectal cancer screening in Utah

Between 2001–2005, 42.9% of Utahns aged 50 and older reported having a sigmoidoscopy or colonoscopy within the past five years (rate is age-adjusted). This rate is similar to the U.S. rate.

The age-adjusted percentage of adults aged 50 and older who reported having a sigmoidoscopy or colonoscopy within the past five years varied by local health district. Reported age-adjusting screening rates for local health districts ranged from a low of 26.9% in Southeastern Utah to a high of 48.3% in Salt Lake Valley. Five local health districts had rates that differed significantly from the state. Southeastern Utah, Central Utah, TriCounty, and Utah County had rates lower than the state rate, while Salt Lake Valley was the only health district with a rate higher than the state rate.

Differences in screening rates also existed when local health districts were further divided into the pre-determined 61 small areas. Overall, adults aged 50 and older living in the small area that includes Sevier, Piute, and Wayne Counties were least likely to report having a sigmoidoscopy or colonoscopy within the past five

Utah Objective: Increase the proportion of adults aged 50 years and older who have had a sigmoidoscopy or colonoscopy within the past five years to 65% in 2010.

HP2010 Objective (related) 3-12b: Increase the proportion of adults aged 50 years and older who have ever received a sigmoidoscopy to 50% (age-adjusted to the U.S. 2000 standard population).

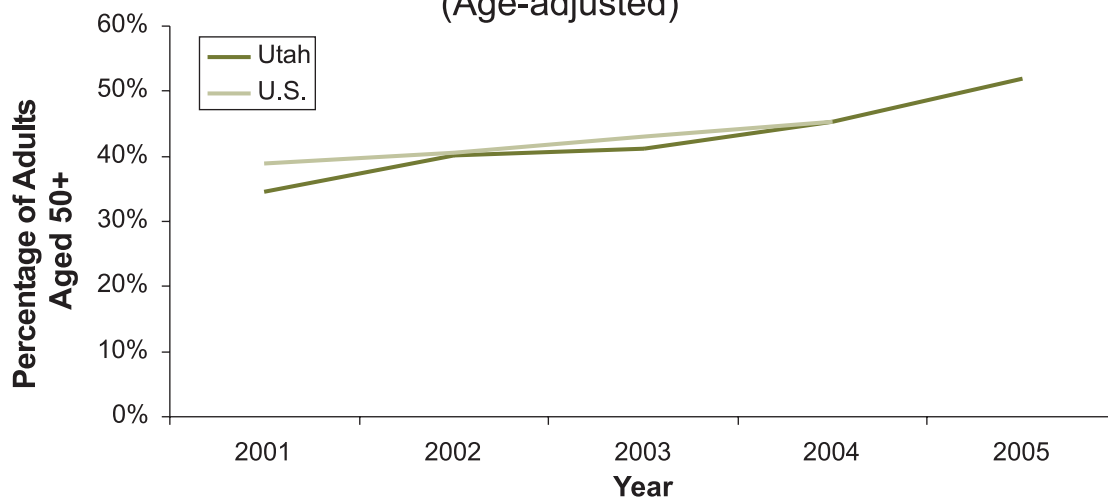
13. SIGMOIDOSCOPY OR COLONOSCOPY

Colorectal cancer screening in Utah (continued)

years (25.2%). The highest screening rate (62.1%) was reported in the Foothill/U of U area of the Salt Lake Valley health district (see Figure 13.1).

Nationally, the percentage of older adults having had a sigmoidoscopy or colonoscopy in the past five years rose from 38.8% in 2001 to 45.4% in 2004. Utah rates have increased from 34.5% in 2001 to 52.0% in 2005.

Figure 13.A: Sigmoidoscopy or Colonoscopy in Past 5 Years, Utah and U.S. Adults 50+, 2001-2005
(Age-adjusted)



Prevention/Resources

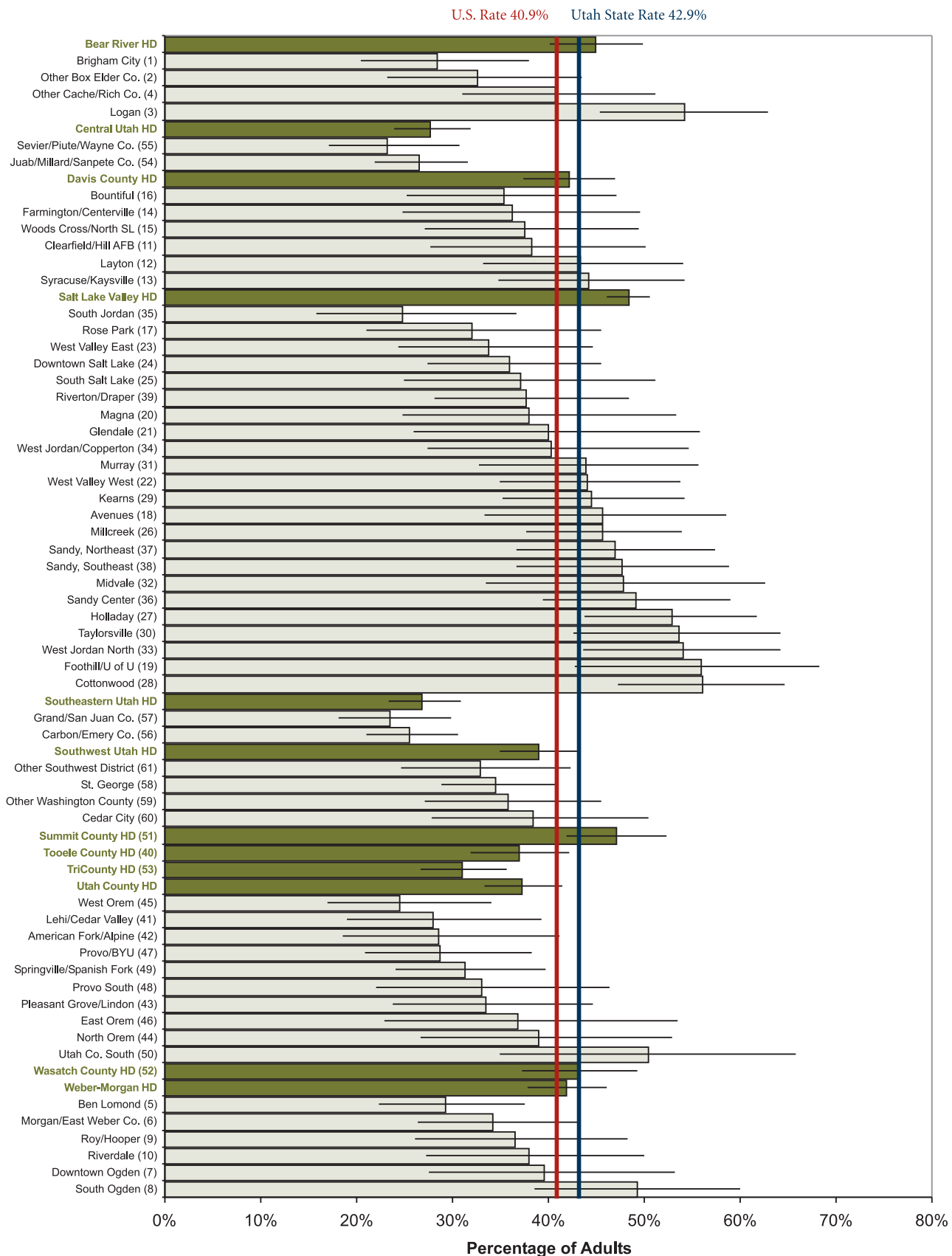
In June 2002, the Utah Cancer Control Program received a grant from the CDC to launch a statewide education campaign. Additional funds were awarded to continue the public education efforts in June 2003, 2004, and 2005. Education efforts aim to increase awareness about colorectal cancer and promote screening and early detection for Utahns aged 50 and older.

In addition, the Utah Department of Health initiated the Utah Cancer Action Network (UCAN), a statewide partnership whose goal is to reduce the burden of cancer. The mission of UCAN is to lower cancer incidence and mortality in Utah through collaborative efforts directed toward cancer prevention and control. As a result of this planning process, objectives and strategies have been developed by community partners regarding the early detection of cervical, prostate, skin, breast, and colorectal cancers, as well as the promotion of physical activity, healthy eating habits, and smoking cessation.

For more information about colorectal cancer in Utah, call UCAN's health resource line at 1-888-222-2542 or visit www.ucan.cc.

13. SIGMOIDOSCOPY OR COLONOSCOPY

Figure 13.1: Percentage of Persons Aged 50+ Who Had a Sigmoidoscopy or Colonoscopy in the Past Five Years by Local Health District and Small Area, Utah, 2001–2005 (Age-adjusted)



13. SIGMOIDOSCOPY OR COLONOSCOPY

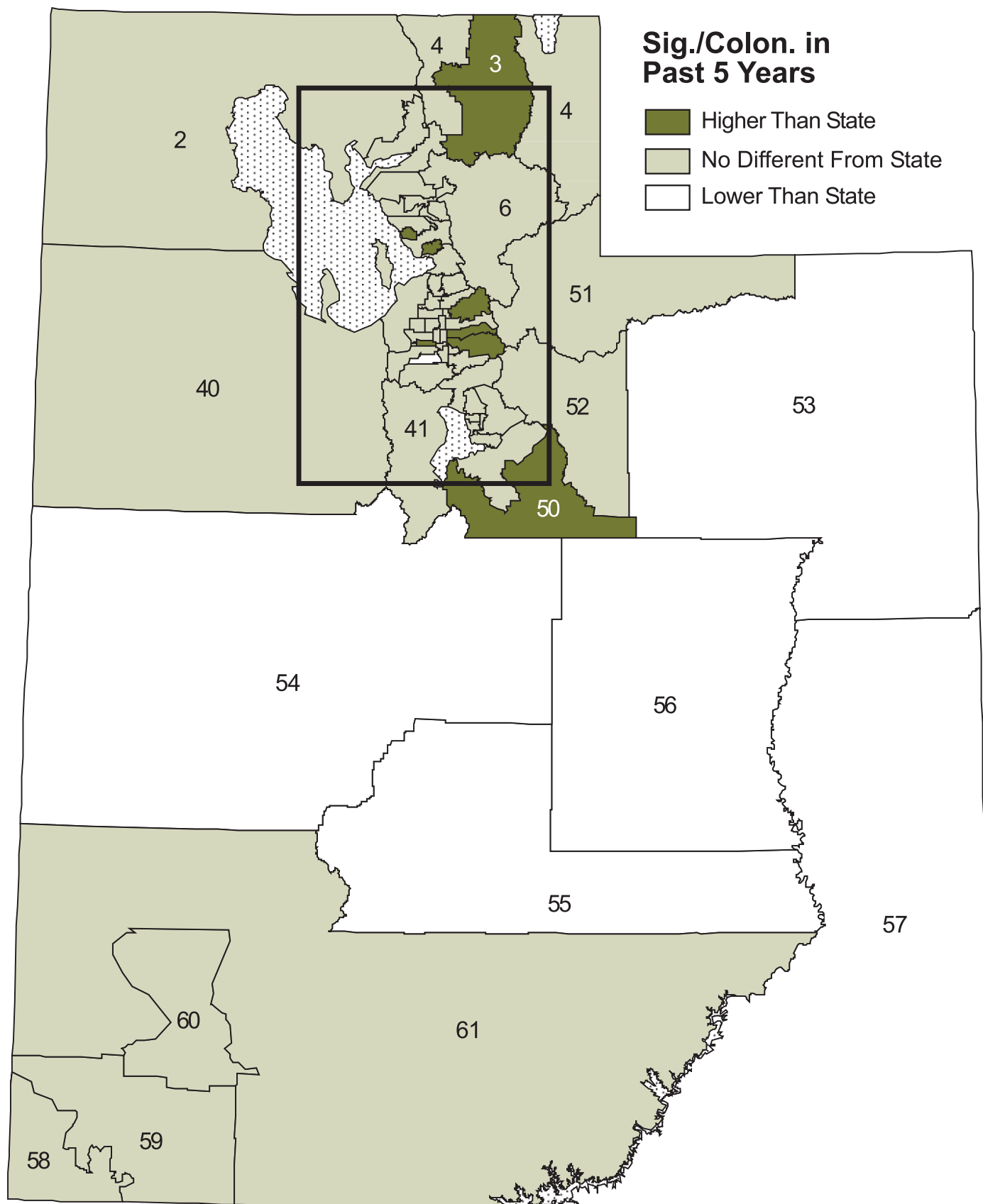
Table 13: Sig./Colon. in Past 5 Years by Health District, Small Area, Utah, and U.S., 2001-2005

State Rank*	State, Health District, or Small Area	2003 Population 50+	Number of Adults 50+ Reporting Sig./Colon. in Past 5 Years	Crude Rate	Age-adjusted Rate	95% Confidence Interval	
						Lower	Upper
	U.S.	82,827,331	33,818,399	40.8%	40.9%	40.5%	41.2%
	State of Utah	496,067	209,390	42.2%	42.9%	41.5%	44.2%
	Bear River HD	26,906	12,070	44.9%	44.9%	40.2%	49.8%
8	Brigham City (1)	5,275	1,701	32.3%	32.8%	24.0%	43.1%
60	Logan (3)	9,740	5,672	58.2%	60.2%	52.1%	67.9%
21	Other Box Elder Co. (2)	4,885	1,859	38.1%	37.4%	27.3%	48.8%
34	Other Cache/Rich Co. (4)	7,006	3,000	42.8%	41.4%	32.8%	50.6%
	Central Utah HD	17,525	4,837	27.6%	27.6%	23.9%	31.8%
4	Juab/Millard/Sanpete Co. (54)	10,899	3,116	28.6%	28.9%	24.2%	34.2%
1	Sevier/Piute/Wayne Co. (55)	6,626	1,717	25.9%	25.2%	19.4%	32.0%
	Davis County HD	50,863	21,093	41.5%	42.1%	37.4%	46.9%
18	Bountiful (16)	13,201	4,891	37.1%	37.0%	28.6%	46.3%
17	Clearfield/Hill AFB (11)	8,262	3,349	40.5%	37.0%	26.8%	48.4%
24	Farmington/Centerville (14)	5,966	2,330	39.1%	37.8%	26.5%	50.6%
41	Layton (12)	12,511	6,078	48.6%	46.4%	36.9%	56.2%
55	Syracuse/Kaysville (13)	6,961	3,347	48.1%	54.8%	44.6%	64.6%
19	Woods Cross/North SL (15)	3,965	1,225	30.9%	37.0%	23.4%	53.1%
	Salt Lake Valley HD	198,437	93,404	47.1%	48.3%	46.0%	50.6%
39	Avenues (18)	6,359	2,864	45.0%	45.9%	34.5%	57.8%
58	Cottonwood (28)	13,578	7,824	57.6%	59.0%	50.6%	66.9%
27	Downtown Salt Lake (24)	10,925	4,268	39.1%	38.7%	29.8%	48.4%
61	Foothill/U of U (19)	6,557	4,129	63.0%	62.1%	48.5%	74.0%
43	Glendale (21)	5,052	2,110	41.8%	47.2%	33.2%	61.5%
56	Holladay (27)	16,222	9,172	56.5%	55.8%	47.9%	63.4%
48	Kearns (29)	10,774	5,005	46.5%	49.0%	39.4%	58.6%
15	Magna (20)	3,760	1,366	36.3%	36.8%	20.4%	57.1%
50	Midvale (32)	6,247	3,135	50.2%	50.4%	37.1%	63.6%
46	Millcreek (26)	17,219	8,596	49.9%	48.4%	40.4%	56.5%
40	Murray (31)	8,616	3,987	46.3%	46.3%	36.5%	56.4%
16	Riverton/Draper (39)	8,840	3,372	38.1%	36.9%	25.7%	49.8%
14	Rose Park (17)	6,114	2,040	33.4%	35.8%	23.3%	50.7%
51	Sandy Center (36)	11,101	5,446	49.1%	52.6%	42.7%	62.2%
54	Sandy, Northeast (37)	7,004	3,242	46.3%	53.3%	42.2%	64.0%
53	Sandy, Southeast (38)	6,974	3,422	49.1%	53.1%	41.2%	64.7%
5	South Jordan (35)	6,005	1,725	28.7%	29.6%	19.1%	42.8%
31	South Salt Lake (25)	5,181	1,952	37.7%	39.6%	27.6%	53.1%
52	Taylorsville (30)	8,173	4,405	53.9%	52.9%	41.7%	63.8%
57	West Jordan North (33)	6,410	3,397	53.0%	56.0%	44.3%	67.1%
22	West Jordan/Copperton (34)	5,281	2,178	41.2%	37.5%	26.4%	50.1%
30	West Valley East (23)	10,068	3,537	35.1%	39.4%	30.0%	49.6%
42	West Valley West (22)	11,978	5,311	44.3%	46.5%	34.6%	58.8%
	Southeastern Utah HD	14,432	3,871	26.8%	26.9%	23.3%	30.8%
3	Carbon/Emery Co. (56)	8,605	2,350	27.3%	27.2%	22.7%	32.2%
2	Grand/San Juan Co. (57)	5,827	1,508	25.9%	27.0%	21.3%	33.6%
	Southwest Utah HD	45,590	18,355	40.3%	39.0%	35.0%	43.3%
36	Cedar City (60)	5,774	2,415	41.8%	42.7%	31.7%	54.5%
26	Other Southwest District (61)	6,976	2,646	37.9%	38.2%	29.5%	47.8%
20	Other Washington County (59)	13,559	5,181	38.2%	37.3%	29.6%	45.7%
29	St. George (58)	19,281	8,534	44.3%	39.4%	33.1%	46.0%
45	Summit County HD (51)	7,344	3,472	47.3%	48.2%	42.7%	53.9%
33	Tooele County HD (40)	8,932	3,539	39.6%	39.9%	34.6%	45.4%
10	TriCounty HD (53)	10,139	3,252	32.1%	33.3%	29.2%	37.7%
	Utah County HD	62,696	22,408	35.7%	37.2%	33.3%	41.3%
6	American Fork/Alpine (42)	7,583	2,348	31.0%	30.5%	20.4%	43.0%
35	East Orem (46)	4,820	1,883	39.1%	42.6%	28.7%	57.7%
12	Lehi/Cedar Valley (41)	3,681	1,331	36.2%	35.2%	24.1%	48.3%
25	North Orem (44)	5,903	2,228	37.8%	37.9%	26.7%	50.6%
7	Pleasant Grove/Lindon (43)	5,897	1,694	28.7%	31.2%	20.8%	44.0%
23	Provo/BYU (47)	8,124	2,908	35.8%	37.5%	25.8%	51.0%
9	Provo South (48)	5,845	1,861	31.8%	32.9%	20.7%	48.0%
28	Springville/Spanish Fork (49)	11,086	3,900	35.2%	38.7%	29.9%	48.2%
59	Utah Co. South (50)	4,742	2,674	56.4%	59.6%	47.4%	70.8%
11	West Orem (45)	5,022	1,789	35.6%	34.6%	23.4%	47.8%
44	Wasatch County HD (52)	3,759	1,743	46.4%	47.5%	41.3%	53.9%
	Weber-Morgan HD	49,444	20,722	41.9%	41.9%	37.7%	46.1%
13	Ben Lomond (5)	11,154	3,952	35.4%	35.4%	27.2%	44.7%
49	Downtown Ogden (7)	6,204	2,641	42.6%	49.1%	36.5%	61.7%
32	Morgan/East Weber Co. (6)	8,550	3,486	40.8%	39.7%	30.9%	49.2%
38	Riverdale (10)	5,708	2,642	46.3%	44.6%	34.3%	55.4%
37	Roy/Hooper (9)	8,267	3,552	43.0%	43.0%	32.3%	54.5%
47	South Ogden (8)	9,565	4,652	48.6%	48.9%	38.9%	58.9%

*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

13. SIGMOIDOSCOPY OR COLONOSCOPY

Figure 13.2: Sig./Colon. in the Past Five Years by Small Area, Utah Adults Aged 50+, 2001–2005 (Age-adjusted)



13. SIGMOIDOSCOPY OR COLONOSCOPY

Figure 13.3: Sig./Colon. in Past Five Years by Small Area, Wasatch Front, Aged 50+, 2001–2005 (Age-adjusted)

